## ABSTRACT OF THE DISCLOSURE

A pultrusion method produces a composite structural member having rigid elements embedded therein. The structural member may be a sandwich structure in which one or more rigid, pre-rigidized, or rigidizable composite or non-composite structural elements are introduced at regular or irregular positions within core elements. The structural member may also be formed from layers of resin-matrix fiber fabric into a structural cross-section, such as an I-beam or T-beam, with a bundle of pre-pultruded rods located at the bends or the web-flange intersection points within layers.

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